CRACKING THE BOX'S SECRETS

JOHN MULENGA

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DEDICATION

This small gesture I make is in honor of my beloved mum and my sweet aunts Christine, Veronica, Bernadette for their enormous support throughout my life. The tenderness of which you have made me a recipient has been my main rely and inspiration.

To my dear siblings, Dorica, Deofister, Violet and Sir. Moses thank you for your support, friendship and for being my family. All of you have played a role in the tapestry of my life so is my stunning partner Jinah.

Especially I express my gratitude to Ben who has been working and giving me advices, which enlightened me to the core of life. To you, sir, I have so much to be grateful by extending my gratitude for you have opened my eyes to look deeper than what the physical world can offer and embrace the lives we live into the fullest.

This book is dedicated to the love that each of you has shown me, and to the many gift s of wisdom that have been imparted to me.

INTRODUCTION

I want to express my appreciation for willing to read this book if not anything else, your valuable time. Here I have provided ideas, stories, and conclusions based on my life experience in a book. As you will notice the details, every chapter has been developed to motivate, facilitate, and prompt reflection about your life journey. However, ideas or concepts might be seen as difficult to understand or interpret, but I understand this too. Living is not easy, and so learning from it is not as well a simple process. If you have any issues or questions about any part of this paper at any moment please bear in mind that I am ready to help.

Feel free to reach out to me directly for any questions, discussions, or feedback:

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To my mind, knowledge and development are most effectively attained through discussion and listening. I specifically encourage you to contact me as your opinions and reactions are highly important to me.

My dear reader, I wish as you turn to this book, it will be worth it, answer part of your values and encourage you to push to the next level. Altogether, our way goes through life's difficulties, but with you, it is possible always to find a key in any situation.

Have a great read and please, do not hesitate to contact me.

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CHAPER ONE

QUENCHING THE THIRST OF LIFE

Living is like finding a locked box at the no-mans-land – the territory of existence and unknown, and you are not sure of what is inside it. The box is closed perfectly and no one can look through it without opening that package. However, there is a problem, what if contents of the box are deadly? What if that's a bomb, which can explode as soon as you try to take it apart? Nevertheless, if you do not pay attention to it and do not touch or open the box, you can lose it entirely – and that will be a lost chance. What a great snap of life challenges this nice metaphor illustrates! It shows that we are exposed to various experiences in which the victory or the loss is less visible and merely have to risk it in order to find out what is inside. Thus, this discovery has to be done a great deal carefully, prepared and strategized.

While the sealed box suggests an overwhelming thirst in life as in everyday life, common in all of us is luxury. The desire of life's drink—the need for knowing, winning, being happy compels us to turn the luminous potentiality on, to open the box. However, satisfying this need is not an orgasm-sans-risk proposition. Such decisions are often made spontaneously and can turn out to be terrible: just like opening the box without thinking. Still, fear drives us to never look what is inside and may bring stagnancy, and never reach the possible range of possibilities in life. As such, life is more than simply posturing to seek out meaning or to embrace the intention or fact hidden therein.

When facing life's actions, similar to when the box has been opened in the scenario, one must always choose when and how to open the box, since this action has many ramifications. However, it is not enough to make an impulse and start acting right away. Unlike the other five elements, there is no knowledge, there is no wisdom, there is no

discipline – and suddenly you open it, and that will be your destruction. However, if you decide to completely disregard the box, more chances are, you are leaving yourself behind and you will only regret it. Hence, the real life is recognized to require order and compliance with orders. Discipline refers to the self-impulse standard for the sake of a higher goal. In other words is a behaviour of refusing to give in to the urges to do or even feel in a way that is counterproductive to the greater cause. For this reason, ***Dr. Myles Munroe*** **(2014),** has it correct when he said that ‘’discipline is key to success since it keeps people working towards goal direction even in the face of discouragement. **‘’ Dr. Munroe's** view on discipline is positive and it gives hope of transforming discipline into a strong structure that would enable people to have a well fulfilling life. ***Dr. Munroe (2011)*** said this concern that discipline is not about restriction, but about refocusing the energy toward productive use, which include the common good to help in satisfaction the thirst of life, turning it into productive lessons.

Discipline on the other hand is brought about by the use of rules as the apparatus. They have been described as the pathways that lead towards the accomplishment of determined goal. You cannot plant the seed under the ties and you expert that seed to geminate, that is imposican't (impossible). Similarly, you cannot put water in a car and expert it to start, when the car's manufacturer has put the rules of putting gasoline in it for it to start. As it is with applying physics principles to make the flight happen, respectively, or following traffic rules to prevent an accident, so with following rules of life to keep life functioning. While in most cases, people win not by chance but because they truly achieve victory through their efforts.

Steady work and compliance with the principles that are embodied in the culture of the organization. They operate like roadmaps, pointing us to the thing, and warding off unnecessary danger from our attempt to realize our possibility.

There is evidence in spirituality that show why there is need to obey the laws of life in the way one is supposed to do. In the Bible, ***Proverbs 12:1 says***, "He that loves stripping , is one that has the love for commandments and knowledge, and he that hates correction is stupid." It is an emphasis of discipline in life and that it results in gaining of wisdom and understanding. Another verse, ***Joshua 1:8,***Do not let this Book of the Law depart from your mouth, meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. This scripture inferred that obedience to rules, ethical or mechanical brings about successes and prosperity. Another one is ***Deuteronomy 6:8*** says, tie them as symbols on your hands and bind them on your foreheads. However, These Points to the need of observing divine laws, this is injunction to Moses.

All in all, life is much finding that sealed box in the wilderness. It presents us with opportunities and risks, unknowns that require careful handing. Discipline and rules serves as the necessary tools to navigate through life's uncertainties, by adhering to principles that are aligned with higher standards and goals, individuals are better equipped to succeed. Discipline provides the self-control needed to stay the course, and rules offer the guidance to open the box carefully, ensuring that success, not destruction, is the outcome. In doing so, we truly begin to quench the thirst of life, experiencing the richness and purpose that it offers.

CHAPTER TWO

YOU ARE NOT A MISTAKE

No one is a mistake here on Earth, the bible says there is time to be born and time to die **(Ecclesiastes 3:2),** which means God timed your birth; "you were not born haphazardly just because your Mum and Dad had sex. You were born to do something, which has already been finished. The fact that you exist is the evidence that something has already been finished which you were born to do, because nothing comes as a surprise to God. He starts from the ending to the beginning. Furthermore, you are completely original, special and unique to God. Doctor says 500 million sperm runs toward the eggs they fight each other to get there. It does not matter whether inlock, out lock, wedlock or any kind of lock what matters to God is the time for you to come. Over those 500 million sperm running toward the eggs, God chooses who will be born and He chose you. All the eggs were racing but guess who won, **YOU**. Which means you won before you started, you came out as the winner out of 500 million sperm 499,999,999 died so that you could live. You were born a winner. Which means you do not compete with anybody you have already won." **(Dr. Myles Munroe)**

Every individual on Earth has a purpose and is not a mistake. As long as we exist, we are part of God's divine plan. God created man in his own image, which means that we are reflection of the Father, Son and the Holy Spirit (Elohim). In this way, God shared His Spirit to create a man, entrusting him with work. Faith, however, remained with God, but the connection between faith and work are essential. The two are inseparable, working in harmony like husband and wife.

The Bible teaches that faith comes from hearing the word of God (Romans 10:17) they can be concepts, but the word is God, therefore faith is creation of God. Hence, faith is received from God to enable man to do his task. This is why scripture highlights the importance of faith

and work functioning together, as faith without work is lifeless ***(James 2:17).*** While God gave work to man, faith resides in God to lead man to work to achieve his divine destiny. Faith and work are tightly synergized and function as a single team that achieves what God wants. Each individual in the world has a purpose or a wok to fulfill which only they are pre-ordained to perform in this world. In confront of those difficulties and challenges which one may encounter in life they are not more than phases anyway. The high roads and losses that life brings are not lasting; they shall evolve to something new someday. The only thing that is always remains as witnessing is God's faithfulness promises, which do not change. For as long as a person will have to perform tasks productively, he or she will be subjected to a process of purification. According to **Dr. Myles Munroe,** all true vision will be tested for authenticity, if you get a real vision from God, get ready for a big fight. Satan is not after you is after the vision that you carry and it will be tested for authentic. If your vision is not real life will prove it to you. The moment you embrace your vision all hell literally break loose. Whatever you were called to do, you have to lose it first. Satan will beat you, to see if you are coming back. Let me tell you something, if you were born to be a millionaire, first you must get through a bankruptcy. That is the law of a vision, and the test of life is not to destroy the vision, it is to prove it. If the test destroys your vision, it was probably not from God in the first place. If it was from God it will be tested to make sure that it is authentic. The storms may come, the rain and the wind bothering you, and you feel like God have forgotten you, and then God says no I cannot forget you. A peeping right around the corner to see what you can do, are you still going to say God I still believe in you even though you slay me? Let me tell you something, when you come through the test what you use to have God multiplies them 7 times and give it to you. **(Dr. Myles Munroe)**

At the creation of man. Man's original assignment from God was a

Kingdom assignment: “Let them have dominion over…the earth.” God’s plan for man was to extend His heavenly Kingdom (government) to the earth through the principle of colonization. Man’s assignment was to establish the influence and culture of heaven on earth by representing the nature, values, and morality of God in the earth. In this way, God’s heavenly rule would manifest itself on earth through His extended image in mankind. This was the first Kingdom: Yahweh, the King, extending His heavenly Kingdom to earth through His offspring, man. This is the wonderful story and message of the Bible—not a religion, but a royal family (**Dr. Munroe**).

The Bible is the most misunderstood book on planet earth, not only by those who do not prescribe to it, but also by many of those who claim to know and embrace its message. Simply stated, the Bible is about a King, a Kingdom, and a royal family of children. The Bible is not about religion and was never intended to be a religious book. Rather, its story and message are about the desire of a King to extend His Kingdom to new territories through His royal family. The Bible, therefore, is about government and governing.

What is government? Government is about order, influence, administration, distribution, protection, maintenance, accountability, responsibility, and productivity. Technically speaking, government is the person, group, or organization that executes the functions of

Governing. This is manifested in the exercise of authority and jurisdiction over territory and a citizenry. Government was first established by the command and mandate of God to Adam and incorporates the need to order, work, oversee, guard, and protect The concept of “kingdom” was not invented by mankind but was the first form of government introduced by the Creator. **(Dr. Munroe).**

As the hero proceeds towards the fulfillment of one’s destiny, there will be (and must be) evils to overcome. Those hardships are part of the

process; the goal is not to break us, but to make us wiser and stronger. Actually, if there is resistance, then it means that something is indeed developing. Resistance does not present itself when there are no actions or movement, mostly because humans have innate curiosity that helps them instinctively detect whenever you meet resistance, this is usually an indication that you are growing." The problems you encounter are your progress indicators and your movement ahead.

Do not let any form of backlash, therefore negative response slow you down or diminish your confidence. On this note, I hold your hand and urge you to keep to the mandate that you have, to be rooted in the work that God has called you to do and then pray – by faith. These problems are to build you, not to hinder you – they are a process of fine-tuning. Trust in the process for faith and work are the two legs on which to get to your divine destiny.

CHAPTER THREE

DON'T LET ANYTHING CHANGE YOU

Life has its protocols, which are similar to a well-run system that possesses definite laws. Circumstances and situations in life can affect a person but one cannot claim to be a product of those circumstances or situation. The human mind is like a garden with thoughts as seeds – you can plant flowers or weeds. It is for this reason that we can master our thoughts even though we may not control our environment most of the time. We like to think that our actions are premeditated and which are engineered by our thoughts and emotions. In this regard, these actions create outcomes that define circumstances of life in the long run. Hence, the lessons are hard when we pay close attention to the content of our mind in order to develop a better reality. To rise, to conquer and to achieve, is a person who raises their slump, as true intelligence lies in the learning from averting mistakes.

Let me share a story from when I was 14 at that tender age, the influence of friends unexpectedly changed my life, shaping it in ways I didn't foresee.The social norms made me conform to the behaviour of friends most of whom were drinkers. Of these friends, some I knew since childhood, and some I only got to know in adult life. They initiated me into the use of alcohol, and even though I used to detest it at that first instance, I now hold a personal grudge for the concoction. In this case, alcohol was incorporated part of the daily routine to a point the apparent fun chipped away my orientation. Whenever I was under the influence of alcohol, I got into lots of problems and was not able to achieve much of what I wanted for myself.

I thought to myself that whatever behaviour I was displaying and the crowd I was associating myself with was not going to transform me into the successful person in life. Realizing these, I started to avoid the

company of these friends and made up one or many reasons not to drink with them. To some extent, I stuck with this principle until they did not come to me at all anymore leaving the door open for new beginnings. Nevertheless, you cannot change everyone around you but you can change the one who choose to be around with you.

Years later I opted to live in Lusaka In the process making a verbal pledge to cease taking alcohol. This decision was reinforced as I saw my father's life and as much as he struggled to make many accomplishments in life, he could not. I decided that I am going to take a different course.

In Lusaka, I experienced hostility and negative feedbacks but I considered this as a positive feedback. Therefore, through Gods blessings I had it in my mind that by me standing my ground, I was going to be the wiser and that any form of opposition was going to make me stronger. It should not be a case that your background defines your destiny. With your vision in place, you can differentiate between those who will move you forward and decisions that will help you achieve your goals. It is important however to understand that it does not matter where you begin as this does not predetermine where you will end up.

CHAPTER FOUR

LEARN TO LISTEN AND GROW

Listening is not just about perceiving or receiving sounds, ideas and information. When talking to people focuses on what can help you and ignore what does not. Listen to what is useful and filter out the rest. Even if people make nasty comments about you, grow from it. Criticism shows where you can improve. Accepting feedback can make you better.

Needing only positive people in your life can create a blockage to your development. The criticism you receive tells you areas you are bad at and need to improve on. Actual development is there when people motivate you, but at the same time are telling the truth. It is better to be surrounded by those who make you better not those who put you in your comfort zone.

Be yourself. Faking to be someone you aren't will not last. Therefore, if you pretend to be crawling when in fact you are able to walk, one day or sooner, your pretending will stop. Being true to yourself allows you to live with purpose and authenticity. People are more likely to respect someone who is genuine esteem.

Failure is not the end. Each screw-up has some important lesson to pass to its learners. Criticisms are the ways the life makes smarter and tougher. Successful people never ignore their failures and thereby march on. We always get opportunities to learn from our failures. Each setback is a chance to improve and get closer to your goals.

Embrace where you are now but don't have to embrace problems as permanent. Admitting you have problems doesn't mean you should give up. Problems stay only if you believe they can't be solved. Take action and work toward solutions with a positive mindset.

Just ensure that you are aware people will always have something to say about you or your work. If you are in difficulty, you are regarded as an idle person. Still, if you do

well, they will tell you it is fake or an illusion or ask you to prove how successful you are. Do not allow other people's opinions to make decisions for you. Be honest in pursuing targets and keep determined in achieving them.

Therefore, when you listen well, being genuine, and embracing failure, there is strength to address any challenge life throws at you. Be always ready for the growth and continue to remain faithful to yourself and move ahead with your goals even if you face all kinds of difficulties in your life.

CHAPTER FIVE

EVRYONE IN LIFE IS USEFUL

We live in a world of infinity resources, owning to that; we tend to source more than that, we have. Therefore, as we source more than that we have attained, we should not forget that there are some people who do not have what we have and we should not look down on them. Moreover, no matter how high you are up do not look down on others, because those who are under you are your foundation and supporters. When you fail, they will catch you and help you to get up tomorrow. Remember, no man is an island **(no one is truly self- sufficient, everyone must rely on the company and comfort of others in order to thrive).** Since the world we live in today has an infinity resource, which means that the person you are today is not the person you are going to be tomorrow. You will either be declined or aggrandized depends on how you maintain your life and the blessings given by God, for the bible says; When he had finished speaking, he said to Simon, '' put out into deep water, and let down the net for a catch. Simon answered master; we have worked hard all night and have not caught anything. However, because you say so, I will let down the nets.

When they had done so, they caught such a large number of fish that their nets began to break. So they signaled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink **Luke 5vs4- 7.** What is this teaching trying to show us? Jesus is the giver and the taker, so when you are blessed, you should also bless others. If not, you risk being overwhelmed by your blessing, just like the way the book of Luke teaches us. When peter caught a large number of fish, his boat started sinking. He decided to share the fish with others, and their boats started sinking too. However, they continued sharing to create space for new blessing or fish.

What if they had not shared? What would have happened to them? Could their boats have continued sinking, dragging them down with the fish? Of course, they could have lost everything.

Nonetheless, if we are not sharing what God has blessed us with, there is a possibility of losing everything, as blessings may be transferred to those we are once looked down on.

Life is a marvelous tapestry, everyone has to do his or her part, and no one can really replace anyone else. One's role is unique regardless of class, aptitude, opportunities or lack thereof. God made every one of us purposefully furnished us with certain strengths and abilities to be incorporated into his divine plan. As the Apostle Paul explains in ***1 Corinthians 12:12-27,*** the body of Christ will contain many members, all lacking nothing and all playing an important role. No matter how much we seem to disregard them, there is always a special place and utility for every segment. This great truth teaches us that nobody in the world is useless; however, this person may seem to himself or others.

Today is an Opportunity – Tomorrow a Mystery

That's why it is also said that the uncertainty that exists in every human being's life is divinely orchestrated. Today is our day, but tomorrow is God's. As ***Proverbs 27:1*** proverbs wisely says 'Do not boast about tomorrow for you do not know what a day may bring.' In this passage, there is a focus made toward humility and respect when living our daily lives. To harbor resentment or to create enmity with anyone today or they may not be big things, who knows what the future holds? Imagine this: the individual you may have dismissed today as irrelevant, or with whom you have had a major falling out, may make or break you the following day. One handshake, one signature, one introduction could put you on a different level. It is therefore not only a virtue, wholesome, or even right to reconcile with other people; it is sensible.

People's unpredictable behaviour teaches us to act only with respect and kindness toward others.

Forgiveness: The Bridge to Greatness

Blessing is a wonderful path builder that takes us to liberty and splendid. Interestingly it is not only for them to let go of the past but also for them to create a future for themselves**.** ***Matthew 6:14-15*** underscores this truth: And if ye toss not (do not) forgive your fellow humankind when they trespass against you, neither will your heavenly Father forgive you. Nevertheless, if you do not forgive others their sins, your Father shall not forgive you your sins either.

To forgive is to agree with what God wants for our lives and let go of offenses that slow us down. So, freedom comes with forgiveness and other people open new gates to fantastic experience for a person. That means that forgiveness is not a denial of what happened but a change in the effects that it causes.

Uniqueness: A Divine Gift

There is not a single person who is born and created similar to another, and everyone is gifted for a reason. ***Romans 12:6-8*** also tells us that God has appointed each one of us with different manifestations of grace. In a group it is teaching, serving, leading, encouraging, everyone has his part to play in God's big plan.

When we try to compete with other people or become jealous of their gifts, we are simply not entering the same race. I encourage you my brothers and sisters to stop measuring yourselves against other individuals; rather engage in how best we can enhance our abilities hence be useful to others. In other Words, the proper utilization of potentiality results into the proper utilization of ability, which means that everybody wants to play his/her, part in this world positively.

Love: The Greatest Debt

The first is passion, for below love are all things – this, at least, is what Shakespeare suggests. It is not just an affective state but volitional action it is. The word of God provokes us to extend love to even those who are our enemies. ***Romans 13:8*** stands, ‘’There should be no sinning outstanding, except that which continues to sin against love." This means to show love is not a restriction, but a mandate that is owed to one’s neighbor.

Since God also knows all our sins and faults, He as well being the epitome of love, we are also commanded to love. The subjects of His divine planning include even those who rebel against his Creation – and His love embraces them all. This means that by loving others, we imitate the nature of God and obey His instruction to us.

Conclusion

No one is useless in life regardless their past, their nationality, or their deeds. It might be a philosophy but is more like a riddle an enigma; one cannot think of a better way than calling life a conundrum. Our part is to accept being special and learn to live the way in forgiveness and love even in adversity. Self-realization or true spiritual awakening that exists within human beings.

CHAPTER SIX

CHANGE IS THE MIND

Peter was a struggling artist in a small town. His paintings were full of colours, but his heart was heavy with frustration. He blamed his lack of success on the townspeople, saying they did not appreciate art. ‘’they do not understand creativity,’’ he muttered every day.

One afternoon, while sitting in his gallery feeling hopeless, he overheard two children admiring his painting through the window. ‘’ Look at how happy the colours are!’’ one of them said, peter froze. To him his painting reflected his struggles and anger, yet these children saw something entirely different – joy

That night, peter remembered a zulu proverb his grandmother often said: ***"When you bite indiscriminately, you will end up eating your own tail."*** Suddenly, it all became clear to him. His bitterness was not just hurting him; it was blinding him and consuming every part of his life. He realized the problem was not the townspeople or their lack of interest in art – it was how le chose to see the situation. His perspective was the real issue.

Determined to make a change, peter decided to look at life differently, instead of feeling frustrated, he began interacting with the townsfolk, listening to their stories, and learning about their lives. He painted themes that resonated with their experiences and brought their stories to life on his canvases. Within a few months, everything changed. His gallery became the town’s favorite spot. People were not just buying his painting; they were connecting with them. His success did not come because the town changed – it came because Peter changed his mindset.

Peter’s story teaches a valuable lesson: change is not what you say or do at the surface level; it is what you think and how you see the world. Unless your mind is transformed, true change is impossible. Real transformation begins when you start viewing situations from a different perspective, beyond what they seem. Most importantly, how you react to life’s challenges is your responsibility. No one can control your reactions but you.

The Bible highlights this truth in **proverbs 23:7** ‘’ As a man thinketh in his heart, so is he.’’ Your thoughts are the seeds of your actions, shaping the outcomes of your life. Negative, hopeless thinking leads to failure and stagnation. But positive, faith - based thoughts foster transformation, hope, and success.

In the New Testament, the word repentance is translated from the Greek word ***metanoia,*** which means a change in mind and intention. It is not just about feeling sorry or saying ‘’sorry’’; it is about consciously redirecting your thoughts and your heart. ***Romans 12: 2*** further emphasizes this ideal: ‘’ Dot not conform to this world but be transformed by the renewing of your mind.’’ This renewal allows believers to understand and follow God’s good and perfect will.

True transformation is not accidental. It requires a deliberate effort to reject old, harmful patterns of thinking and embrace faith, hope and love as the foundation for life. This kind of change goes deeper than outward actions; it begins with the mind and into every aspect of life.

Peter’s story shows us the power of a renewed mindset. His life did not change because the people around him became different. It changed because he decided to see the world differently. Like peter, we hold the key to our own transformation. Our minds create our reality. When we change how we think, we unlock the door to a new future filled with hope, purpose, and success.

The Greek word **(metamorphosis)** shows us that transformation is not a mere evolution; it is a conscious process pursued with a transformed spirit and backed up by God’s help. True change is a journey that begins in the mind and leads to a transformed life. The decision to think differently is entirely yours.

CHAPTER SEVEN

TWO TYPES OF FRIENDS EVERYONE MUST HAVE IN LIFE

Friendship is like ship that carries us to different places, whether those destinations are good or challenging. Among the many companions we meet on this journey, two types of friends stand out: **provoke friends** and **helper friends**. While their roles differ, both are essential for personal growth and success. Understanding their unique contribution helps us realize why everyone needs to both develop and reach their fullest potential.

PROVOKE FRIEND

A ‘’provoke friend’’ can take the form of a family member, parent, colleague, or anyone in your life who challenges you to grow and change. Without such a friend, life can become stagnant, much like a chicken without feathers – unable to fly or reach higher heights. Though often misunderstood, a provoke friend plays a crucial role in persona transformation and spiritual growth.

A provoke friend is someone who, intentionally or not, hurts your feelings now and then. Their words or actions can feel harsh, but they serve a deeper purpose: to one person sharpens another. These individuals may point out your flaws, failures, or lack of progress, indirectly helping you recognize that you have been stuck in a comfort zone for far too long. They urge you to break free and strive for something greater.

For instance, they might mock your inability to achieve goals, find a job or meet basis needs. Their criticism may sting, but it highlights areas in your life that need improvement. ***Hebrews 12:11*** reminds us,

‘’No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.’’ These provoke friends, often entering our lives

uninvited, are rarely welcome. Yet, their departure frequently leaves us transformed for the better.

Without a provoke friends, growth is limited. Like a bird without feathers, a person without someone to provoke them is unable to soar. These friends are often catalysts for profound change. For example, a bad boss might frustrate you to the point where you decide to leave your job and pursue entrepreneurship, unlocking new possibilities in your life. Similarly, a friend who mocks your failure might unknowingly ignite a fire within you to prove them wrong, pushing you toward success.

These individuals challenge you to think beyond conventional boundaries and confront your weaknesses. As ***Romans 8:28*** assures us, '' And we know that in all things God works for the good of those who love him, who have been called according to his purpose.'' Though their actions may seem severe, they often result in dramatic and meaningful change. Provoke friends unknowingly push you to explore your potential and step into a better version of yourself. They are the driving force that propels us toward fulfilling our God – given purpose

HELPER FRIEND

''Helper friend'' are the kind of friends who stand by you, offering encouragement and support when you need it most. These friends are loyal, a vital ingredient in any strong relationship. Loyalty means that these friends serve one another selflessly giving their time, energy, and resources to help each other thrive. A helper friend will consistently be there for you, offering assistance without hesitation, whether it is with their time, money, or emotional support. They genuinely invest in your well – being and success.

To cultivate such friendships, it is essential to be there for others during their times of weakness. It is about showing up when they cannot offering a helping hand when they need it most. These friends are

reliable and available, often going above and on, making life richer and more fulfilling.

Both provoke friends and helper play crucial roles in our lives. While provoke friends change and push us to grow, helper friends provide the support and encouragement necessary for us to reach our full potential. Together, they from a strong foundation for personal growth, helping to develop meaningful interpersonal connections and professional relationships.

CHAPTER EIGHT

TEACHING WHAT YOU DON'T DO YOURSELF

In life, there is a strange reality: some people can inspire and guide others to success but struggle to grow personally. This raises a key question: how can someone help others succeed while failing to apply the same principles to themselves?

The answer lies in the difference between knowing and doing. A person might have great knowledge and be skilled at teaching others but they may lack the discipline or motivation to use that knowledge for their own growth. Teaching is about sharing knowledge, and many excel at that. However, personal transformation requires more – it takes self – discipline, reflection, and consistent action. These are not easy habit to build, which is why many fail to practice them in daily life.

The solution to this two-fold. First, all those who teach or mentor should set an example to follow. They should practice what they preach to other people with regard to life transformations. Second, there is the need to take into acknowledge self-awareness. People should know that they have some person difficulties and need to go to professional or find some helpful tools to solve it. They can not only rise higher in their lives but can also be more realistic examples for the ones they are educating.

There are clear teachings from the Bible on how one might use knowledge for teaching as well as individual improvement. One such verse is ***James 1;22,*** 'Do not merely listen to the word, and so deceive yourselves.' Do what it says." This stresses the fact that it is not sufficient to apply knowledge to others but to use it in your own life as well. Cultivating oneself and enriching others is good; the best way to gain understanding is practical application. It is good that it fits with the adage that to teach others, one has to practice what is being taught.

Another principle comes from ***Matthew 7:3-5*** where Jesus is instructing us to take the log out of our own eye before to remove the speck from our brother's eye. This makes sure that before you are in a position to give out lessons to those around you, you are ready to look at yourself and change before you can change others.

Additionally, ***Philippians 4:9***, it says, 'This is what I have learnt or received or heard of or seen in you all- put it into practice'. This is the model of leadership by example; as teachers we must embrace the model of teaching so that the leadership we teach in the classroom transforms us positively.

Through these principles, we guarantee that as teachers learning takes place, and we become the real leaders we always wish to be.

CHAPTER NINE

THE POWER OF THE TONGUE

The power of the tongue is a profound gift, often underestimated. Many times, we allow thoughts of negativity to dominate our minds, overshadowing the light of positivity. We tell ourselves, '' I cannot do that because I am not worth'', or, '' I will never become that I dream of because I am incapable.'' But we stopped to consider the consequences of these words? The Bible reminds us in ***proverbs 18:20 - 21:*** '' you will have to live with the consequences of everything you say; what you say can preserve life or destroy it, so you must accept the consequences of your words.'' This verse speaks to a profound truth: God has given us the power to shape our lives with our words, but the choice to speak life or destruction rest with us.

Let me share a story to illustrate this concept.

There was once a young man named Daniel who dreamed of becoming a teacher. From an early age, he admired the way teachers inspired others, and he wanted to do the same. But as he grew older, Daniel began to doubt himself. Whenever challenges arose, he would say, ''I am not smart enough for this,'' or, '' I will never succeed.'' Slowly, his dreams started to fade, crushed under the weight of his own words. One day, Daniel shared his struggle with his grandmother, a wiser and faithful woman. She listened patiently, then handed him a glass of water. ''Speak into this water,'' she said. Confused but curious, Daniel whispered his usual doubts. '' I am not capable I will fail.''

His grandmother then took the glass and poured it into a pot of flowers. ''Now she said, ''let's wait'' over the next few days, Daniel noticed the flowers wilting, their once vibrant colours fading. His grandmother explained, '' your words have power. Just as they affected flowers, they shape your life. The Bible tells us that we have the strength to face

anything through Christ, who empowered us ***(Philippians 4:13).*** Stop speaking destruction into your life. Speak life instead.''

Daniel took her words to heart. He began replacing his doubts with affirmations like, '' I can learn,'' and ''God will help me succeed.'' Over time, his confidence grew, and he pursued his dream with determination. He faced obstacles, but he remembered ***Hebrews 12:6:*** '' the Lord disciplines those He loves.'' Every setback was a lesson, preparing him for greater responsibility. Eventually, Daniel became a beloved teacher, inspiring others with his story.

This story reflects a reality many of us face. We encounter challenges and feel inadequate. Yet, God promises in ***1 Corinthians 10:13*** that we will not face test beyond our ability to endure. He provides strength and a way forward, even when we feel overwhelmed.

The power of the tongue is not limited to grand declarations; it begins with the words we whisper to ourselves in the quiet moments. When life does not go as planned, resist the urge to speak negativity over your situation. Instead, remember that God equips us through discipline so we can thrive when we reach the ''throne'' he has prepared for us. Speak life, because the words you speak to yourself will shape your world.

Let this be a reminder: every word you utter has the potential to build or to tear down. Choose wisely, for the power of the tongue is a tool of transformation, and you hold it in your hands.

CHAPTER TEN

WHAT IS MATURITY

When I was young, I believed maturity was simply about age, but life taught me otherwise. True maturity unfolds through experience and realization, revealing itself in many ways.

It is about accepting people as they are and respecting their journeys. It is recognizing that not all your ideals are the best and learning to let go, even when it hurts. Outcomes is giving love selflessly without expectations and trusting that your life's outcome rest on God's will and your choices.

It means understanding you cannot always have what you want, stopping the need to prove your worth, and refraining from comparing yourself to others because life is not a competition. Competing diminishes your unique purpose; it is about what you achieve compared to what you were created to accomplish.

Maturity also means being content yet striving to improve, loving more, judging less, and putting others before yourself. It is realizing yet cannot please everyone, forgiving those who hurt you without retaliation and praying for those who dislike you.

Finally, maturity is knowing God, seeking His kingdom, and understanding that every positive word you speak to yourself brings inner peace. It is seeing life through divine wisdom and embracing a broader perspective guided by Christ's love.

THE STORY BELOW ILLUSTRATES THESE LESSONS IN ACTION

In a small village, lived a young man named Ethan who believed maturity came with age. Confident in his opinions, he often dismissed others' ideas and judged those who struggled in life. One day, a storm destroyed a neighbour's home. Ethan scoffed, blaming poor preparation, but his elderly grandmother reminded him, '' Maturity is not proving you are right but helping even when you disagree.''

Ethan decided to help rebuild the home. During the process, he learned his neighbour had been saving for medical bills and could not afford repairs. Ethan's heart softened and he realized maturity was not about criticism but compassion.

He began accepting others as they were, letting go of grudges, and giving selflessly without expecting anything in return. He prayed for those who hurt him and trusted God's plans over his own. Ethan's life changed, showing that maturity is love. Humility and the wisdom to see beyond oneself.

CHAPTER ELEVEN

THE STORY ABOUT A KING WITH 4 WIVES

Once upon a time, there was a king with four wives. He was most affectionate to his fourth wife having her wear ornaments of jewels, gold, civil and beautiful cloths. However, when he was taken severely sick and was conscious of being mortal, he feared dying alone, and went to his fourth wife and said, “will you be a good wife, die with me and be with me to the afterlife?” She just said in her unfriendly tone, “Sorry, I can’t do that,” and turned her back.

Heartbroken, he went for his third wife, which he loved and used, to show her off the neighboring kingdoms. He asked her: “Will you accompany me to the afterlife?” She replied, “I cherish my life too much and when you die I am going to remarry and move on.

He turned to his second wife for support since she had always been there especially when he wanted someone to turn to. And said, “Will you accompany me to the afterlife? She said softly, “I am sorry, but I cannot accompany you.” What I can do is prepare your funeral and come and shake hands and farewell you.”

All of a sudden, a whisper started, “You have my back; I will follow you to the other side of death.” Looking astounded, the king realized it was his first wife whom he took care of the least throughout the duration of their marriage. He blushed and said, “I should have looked after you better when I had an opportunity.”

MORAL OF THE STORY

The moral of this story is profound. In life, every one of us has four ‘wives’ in this life. Our fourth wife is our body, with which we treat ourselves nicely but cannot carry along with us. The third wife represents our possessions, which pass on to others will like the third wife who said she would re-marry and move on. The second wife

represents those friends and relatives who love and encourage us, but cannot follow us to the afterlife; they can only send us off to the grave.

The first wife, often neglected, is our soul. It is the only part of us that accompanies us beyond this life. Therefore, take time to nourish your soul. Cherish your friends and family for the love they provide, but also take time to be alone, to pray, and to meditate. Your soul is the source of all your life and your most faithful companion.

May this story inspire you or someone you love to reflect on life's true priorities?

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About the Book

Cracking the Box's Secrets explores intriguing mysteries and unanswered questions that people often wonder about but rarely find answers to. Through thoughtful insights and well-researched explanations, the book sheds light on puzzling topics, encouraging readers to see the world from new perspectives. It's a thought-provoking journey into the unknown, making complex ideas understandable and captivating.

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John Mulenga stays in Lusaka, Zambia, and is pursuing a Bachelor of Information and Communication Technology degree at Kapasa Makasa University, with one year left to graduate. A quiet observer, he enjoys learning through reflection. John is also a talented graphic designer and enjoys calisthenics, football, and other sports.